

The Therapeutic Value of Creating Floral Arrangements by Hand

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Abstract

This study is dedicated to studying the therapeutic value of creating flower arrangements by hand with an emphasis on psychological, emotional and sensory impact. Drawing on interdisciplinary sources from environmental psychology, garden therapy and sensory research, as well as the author's practical experience in the field of floristry and conducting floral therapy sessions, the work explores the process of tactile interaction with flowers and its impact on emotional state, stress reduction and improvement of subjective well-being. A qualitative observational approach was applied using participant feedback after the sessions.

The results obtained indicate that the manual creation of flower arrangements is an effective non-verbal tool for emotional relief and contributes to mood stabilization, increased concentration and the development of a sense of social involvement.

Keywords

Floristry, flower therapy, emotional regulation, sensory experience, non-verbal interaction, creative practices.

Introduction

In recent decades, there has been a growing interest in non-verbal and nature-based approaches to supporting human psycho-emotional well-being. Garden therapy is recognized as an effective supportive method that demonstrates a positive effect on reducing stress, improving mood and restoring mental state [1,2]. At the same time, floristry, as a separate creative and tactile practice, remains understudied in the scientific context.

Unlike traditional interaction with plants through work in the garden or with potted indoor plants, the creation of floral arrangements involves conscious and meaningful formation of structure, aesthetic choice and the involvement of fine motor skills. Such a creative process involves multi-sensory stimuli, including color, texture, smell and spatial balance, and also creates conditions for the symbolic expression of internal states.

The aim of this study is to analyze the therapeutic potential of creating floral arrangements by hand with an emphasis on sensory involvement, emotional and social interaction. The study is based on both scientific sources and the author's practical experience in the field of floristry and conducting thematic sessions.

Materials and Methods

This study is of a theoretical and analytical nature and is based on a generalization of modern scientific sources in the fields of ecological psychology, garden therapy, sensory research and creative practices. The analysis covers publications devoted to the influence of interaction with natural materials on the psycho-emotional state of a person, as well as studies examining the role of creative activity in the processes of emotional regulation and recovery.

The methodological basis of the work is qualitative content analysis and thematic generalization of the results of previous studies. Particular attention was paid to works that investigate the influence of tactile interaction, multisensory experience and non-verbal expression on the level of stress, concentration of attention and general psychological well-being.

The study also used a practically-oriented approach that takes into account the author's professional experience in the field of floristry and conducting floristically-therapeutic events. The results obtained were structured by thematic grouping of key effects related to the process of creating floral arrangements by hand, with their subsequent analysis in the context of existing theoretical approaches.

Results

1. Emotional regulation and stress reduction

Most participants in floral design sessions reported significant reductions in emotional distress after completing a floral arrangement. At the beginning of the sessions, some participants exhibited signs of anxiety, including inattention, rapid speech, or tense movements. These symptoms gradually decreased as they became more engaged in the process.

The sequential hand movements involving repetitive actions (cutting stems, arranging elements) helped stabilize their state and create a sense of control. Participants reported that the process allowed them to “disconnect” from external triggers and focus on simple actions. This is consistent with research showing reduced physiological stress levels when interacting with natural objects [3,4].



Figure 1: Stages of stress reduction when creating floral arrangements by hand

2. Sensory engagement and mindfulness

The process of creating floral arrangements activated multiple sensory channels simultaneously, which contributed to a deeper immersion in the process. The tactile sensations of different textures, the scents of flowers, and the visual harmony of the composition formed a multidimensional experience. Participants reported a reduction in internal dialogue and improved concentration. Many described a state similar to meditation or “flow,” in which attention is fully focused on the activity. This effect is explained by mechanisms of embodied cognition, where physical interaction with the material promotes cognitive-emotional integration [5,6].

3. Nonverbal expression and symbolic representation of states

Analysis of the events and participants' feedback showed that floral elements were used mainly on an intuitive level, resulting in a detailed reflection of the emotional state. The choice of colors, shapes, and structure of the composition often corresponded to internal experiences.

Table 1. Symbolic associations in the selection of floristic elements

Element	Association
Pastel shades	Calmness, sensitivity
Bright colors	Energy, optimism
Asymmetry	Transitional state
Dense compositions	Control

Participants often only realized this connection after completing the work, confirming the potential of floristry as a tool for nonverbal self-expression, similar to art therapy [7,8].

4. Social interaction and sense of involvement

The group format of the sessions promoted social interaction even without direct communication. Participants gradually began to exchange ideas, support each other, and show interest in the results of others' work.

This created an atmosphere of trust and community. Even minimal interaction increased the sense of belonging and emotional comfort. Similar results are consistent with studies on the positive impact of joint creative activities on social well-being [9, 10].

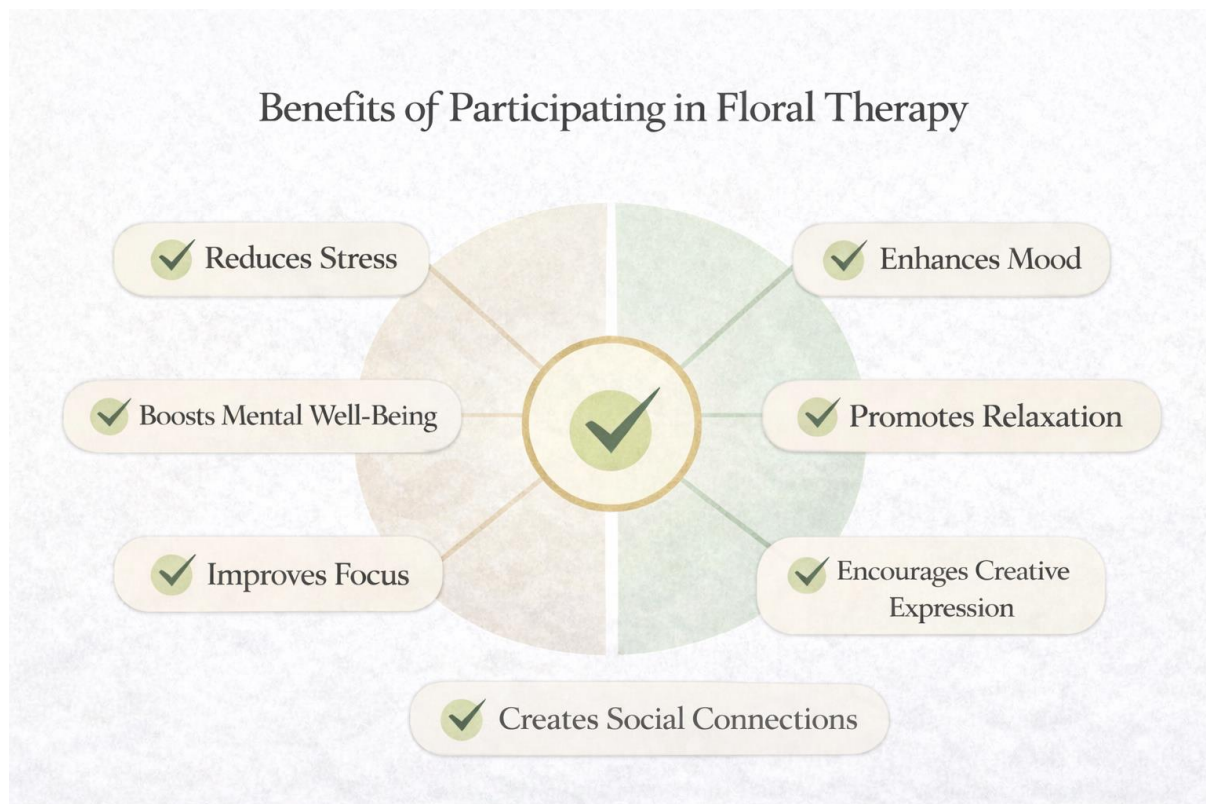


Figure 2. Therapeutic effects of manual floral arrangement: emotional regulation, sensory engagement, and social interaction.

Discussion

The results of the work indicate a complex therapeutic effect obtained from the creation of floral arrangements and interaction with flowers and plants in the process of creating bouquets. The combination of sensory experience, creative process and physical interaction with organic materials creates conditions for deep emotional involvement and obtaining a therapeutic effect.

Unlike passive observation of nature, active creation of compositions ensures a more pronounced result due to the involvement of psychomotor and cognitive processes. The author's practical experience in the field of floristry and therapeutic activities using flowers and floral compositions confirms the stability of these effects.

Conclusions

Creating floral arrangements by hand is an effective tool for supporting the psycho-emotional state, identifying experienced emotions, and promoting involvement in social life (in the case of group floristry classes). Interaction with flowers and plants, as well as creating arrangements according to one's own taste and feelings, contributes to active stress reduction, development of awareness, and non-verbal self-expression.

The work revealed a high role of floristry in therapeutic processes, which indicates the need for further detailed study of this area. Floristry can be considered as a promising direction within nature-oriented and creative practices.

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Conflict of Interest

The author declares no conflict of interest.

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